

ΠΕΡΙ ΤΑΡΟΠΟΣΙΑΣ:

Tho. Dale O R, M. D. 1790

A DISCOURSE

OF WATERS:

Their Qualities, and Effects
Dieteticall, Patho-
logical, and Phar-
macaiticall.

By TORIAS WHITAKER, Doctor
in Physicke of Norwich.



*Frank
Medical
coll.*

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NOTICE
TO THE
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room

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fo
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TO THE READER.

Gentle Reader,

AT the first
view this sub-
ject may seem
light, simple, and
scarce worth the rea-
ding; but whenas
you have consulted
with your second
A 3 thoughts

TO THE

thoughts, you cannot but confesse, that our whole beeing in nature, and the continuance of the same, doth depend upon the right use and application of water, as being so necessary in meates and drinkes, as also in medicinal compositions, which cannot but be a matter of very great consequence, since no natural good

can

READER.

can bee equall to life
and health, which is
lost or injoyed by the
ill disposition of wa-
ter and ayre. Ther-
fore not well know-
ing how to offer a
sacrifice more grate-
full and acceptable to
my Countrey, and
dearest friends, I
have indeavoured to
wade throgh springs,
pools, moats, moores,
as also the sea (which
is the wombe of them

all) And that I may
guide both my selfe
and others safely o-
ver these Washes, no
lesse dangerous then
the rocks and quick-
sands of the Ocean,
therfore I have bor-
rowed a light from
those ancient guides
which have steered
the course so many
hundreds of yeares
without shipwracke.
This stile and me-
thod are answerable
to

READER.

to my intentiō, which
is onely to informe
strangers in our art,
without prejudice to
the same, considering
that I have inabled
no man any other-
wise, then to defend
himselfe, and pre-
serve his health by
the choice of a whol-
some situation in re-
spect of water, which
is so usefull in the
whole course of his
life, and so dange-
rous,

TO THE

rows, if proceeding
from an unwholsome
earth, whether used
in medicament or di-
et: For this cause
I have clad my dis-
course in such robes
as are most fashiona-
ble for the place and
persons, to whom it
is chiefly intended:
and although Suum
cuique pulchrum,
bee the common pro-
verbe, and that eve-
ry mans owne childe
seemes

R E A D E R.

seemes to himselfe the fairest, howsoere apparelled; yet in judgement (whatsoever otherwise my affection is) I cā admire beauty in others more lovely then my owne; and will bee bold to taxe censorious spirits, chiefly in such as never yet were fruitful themselves: not knowing but that their owne birthes may prove as monstrous

strous and deformed
as any; and also o-
thers, who out of a
cōtentious spirit shall
oppose any positive
truth, or indeavour
to raise their owne
names by the defa-
ming others more
worthy then them-
selves: for example,
who is ignorant of
that subtle Argen-
terius, as also with
what malignity and
contentious spirit he
doth.

R E A D E R.

doth oppose the solid
& learned doctrine
of Galen; notwith-
standing there is a
liberty of exception
granted to all wri-
ters, and hath beene
practised by all both
ancient and modern,
as is extant in many
volumes, where wee
plainly see the scho-
ler at foyles with the
Master, and one e-
quall with another;
which were a new la-
bour.

T O T H E

bour, and would require another tract to make particular demonstration: therefore to avoyde all strife, I have chiefly laboured to shew plainly the ancient opinions, practice, & use of this subject, as it may conduce to the preservatiō of health, do generation of sicknesse, and recovery of the same; and from hence to teach an
how

READER.

how dangerous it may
be to forsake the bea-
ten roade or path, in
which the ancient
Worthies have safe-
ly walked so many
ages, losing our selus
& dangerously mis-
leading others into
unknorne wayes,
which cannot but be
doubtfull, how ever
wee escape. If ther-
fore in thus doing I
have given offence to
any, tis beside my in-
tention.

TO THE

attention or desire; if otherwise I have not, then I have the reward of my time and labour, which might have been more negligently spent: yet had I desired to shew my selfe, rather then make good the just requests of my speciall friends, then I would have chosen another part, which I suppose might have beene better acted; but

R E A D E R.

f but lest the Gates
s should exceede the
- Citie, I take my
d leave.

Tobias
Whitaker,

Doctor in Physicke.



ΠΕΡΙ Υ-

ΔΡΟΠΟΣΙΑΣ.

Hippocrates ^a advises earnestly those which will apply them-

^a Lib. de
aere locis
& aquis,
sect. 3.

Qui artem
medicam re-
cta investi-
gatione con-

sequi vult, is primum quidem anni tempora in
cōsiderationē debet adhibere, quid horū quidq;
possit, neq; enim quicquā habent simile sed tum
inter se plurimum differunt, tum etiam propter
varias quæ in eis contingunt mutationes.

selves

b Gal. l. de
aere loc. &
aq. cap. 1.
Neq; vero
negligentio-
rem se circa
aquarū fa-
cultates
cognoscedas
exhibere co-
vent; que
admodum e-
rim gustu
differunt, et
pondere sic
quoq; vir-
tute alie ab
alijs longe
differere
videntur
25v121

selves to Artes, in
the first place that
they diligently ob-
serve the times &
seasons of the yere,
with their altera-
tion, and change,
as also the faculties
of waters ^b con-
ducing much to
the Diagnosticke,
Prognostick, and
Curative part of
Medicine, as ap-
peareth plainly in
the foresaid Book,
and

and in his Booke
De Ulcer. Since
 heretofore there is
 such necessitie, as
 also such power in
 these to preserve
 health, and main-
 taine a natural bo-
 dy, as also in gene-
 rating diseases of
 various formes, to
 the perdition and
 ruine of the best
 Constitution and
 Temper, it beho-
 veth a Physician e-
 speci-

c l. De ul-
 cer. sect. 6.
ulceribus
plerisque
calidum an-
ni tempus
magis quam
hyems con-
ducit, præ-
terquam ijs
que sunt in
capite æ-
quinoctium.

pecially to studie
the nature and dif-
ference of them
and all others to
take notice and
strickly observe
them, so farre as in
their nature they
are good or bad
for common use
for by this meane
they shall be able
to prevent a dan-
ger, which otherwise
were inevi-
table: for com-
mon

commonly all diseases
and distempers are
conveyed to us in
our principles of
generation or con-
servation; to both
which do chiefly
concur the elements
both by way of
existence and con-
sistence, and in
both respects are
Causes either of
harmony or dis-
cord in mixt bo-
dies, and are Phy-
B sically

sically divided into
to foure (that is to
say) materiall, for-
mall, efficient, and
finall; medically
into two, and they
are *per consensum*
medicorum divided
generally into ex-
ternall and inter-
nall. But because
external causes are
prime & more uni-
versall, therefore
wee will chiefly
explicat the nature
and

n- and condition of
to them, so farre as
or- they tend to our
nd purpose. External
ly causes are such as
ey come from with-
out, and of these
ed we cōstitute three
ex-orders, divine, cæ-
er-lestiall, and sublu-
semarie: But wee
are passe by the two
ni-former, and (to a-
ore toyde digression)
ely wee will bound
ure our selves within
nd B 2 the

d Hipp. sect.
3. fol. 66.
deinceps ve-
ro de aquis
nobis com-
memorandū
est, & quæ
morbose &
quæ salu-
berrimæ ex-
istant.
e plurimum
enim mo-
menti ad sa-
nitatem
confert.

the limits of the
later: and amongst
sublunary causes,
wee will princi-
pally discourse of
d Waters, and con-
sider them not on-
ly philosophically,
as elementary, but
also medically, as
they are corrupt
or incorrupt; ^c as
a weighty matter
in the government
of our health. And
of these wee will
gene

generally observe
three differences
(that is to say) aery
such as distill from
the clouds, second-
ly marine, or such
as are contained in
the Ocean & parts
adjoyning, third-
ly terrene, or such
as arise out of the
Earth. Aery wa-
ters are divided in-
to rayne, or such as
come of Snowe,
Haile, and Frost;

terrestriall are such
as spring out of
the Earth ; & they
are either nourish-
ing or healing; the
nourishing are such
as we call sweet,
potable, and plea-
sant to the taste.
And of these are
divers species, as of
fountaines, mores,
Standing pooles,
rivers, & the like.
Medicall Waters
are also diverse, as
from

from Mineralls of
gold, silver, brasse,
Iron, Sulphure, A-
lum, Bitumen, &c.
Lastly, Sea-water
is such as is con-
tained in the Oce-
an, and maritime
partes adjoyning.
And these are their
generall differen-
ces. It behoveth
now to discourse
of their natures &
qualities more par-
ticularly, as they

are good or bad,
healthfull, or mor-
bifical. Forasmuch
as water that is
simple, pure, and
without alien mix-
ture, is so necessary
for the preservatiō
of life, we wil first
make a descriptiō
of those which are
set apart for com-
mon use and pre-
servation of man;
and these are either
such as spring out
of

of wholsom earth,
and of themselves
are simple, pure,
and sweet, or such
as fall from the
cloudes, and by
transmutation are
made water; both
which offer them-
selves to our view.
Those therefore
which arise out of
the earth, and are
pure altogether,
and voyd of alien
mixture, or such

B 5

mix-

mixture as cannot
bee discovered by
sense (for they can
bee knowne to us
otherwise then by
their consistence,
nature, spirits, and
qualities, by wch
wee will in order
demonstrat them)
those are such wa-
ters as are most
wholsome and fit
to bee taken into
the body, and
ought to bee such,
as

as are without both sapor and odor. And if any object that passage of Hipp. ^f and Gal. in their booke *de aere loc. & aquis*, where they say, that sweet and odoriferous waters are to bee commended; it is answered, that by sweetnesse is to be understood pleasantnesse, and such
as

li. de aere loc. & aq. sect. 3. maxime vero commendantur quarum fontes ad solis exortus, praesertim aestivos decurrunt limpidiores enim & boni odoris leves esse necesse est. Gal. cap. 3. maxime vero laudare eas oportet quarum fluxiones ad solis exortus erumpunt & praesertim ad aestivos, necesse est enim splendiores esse oderatas & leves.

as are gratefull to
the taste ; adde al-
so that insipidnes,
is as it were the
first degree of
sweetnesse in wa-
ter, but that which
pertaineth to o-
dor , is nothing
else but a gentle
smoothe vapour,
wth out any rough-
nesse, and the wa-
ter which is with-
out smell, is said to
smell best, because
it

it ought to be void
 both of odor and
 sapor, as is above
 said. Secondly,
 of good and health-
 full water is disco-
 vered by 3 the
 smoothnesse, thin-
 nesse, and cleare-
 nesse of the same:
 For waters by
 how much more
 pure they are, by
 so much they are
 more smooth,
 cleare, and thin,
 and

g Gal. cap.
 3. hæ enim
 dulces &
 albæ sunt.

h Hipp. l. 5.

Aph. 26.

*aqua quæ
citò calefit
& citò re-
frigeratur
levissima.*

i Gal. com-
ment. 5.

*Aph. Sed
nunc levio-
rem dixit
aquam quæ
ventrem
non gravat,
& quæ citò
permeat.*

and by reason of their ^h tenuitie and lightnesse, are soone made hott by fire, and so soone cooled by the impression of the ayre; and the reason is rendred by Gal. i not be- cause such water is light in respect of weight, but be- cause it is without any sensible op- pression in the vē- tricle,

tricle, ^k when as
the stomack is not
troubled with the
receipt of it, as al-
so when it passeth
quickly out of the
body againe by u-
rine. Contrarily
wee call that wa-
ter ponderous,
which doth not
passe through the
body speedily, but
is troblesom to the
stomacke, ungrate-
full to the taste,
and

k Gal.com-
ment. 5. Ap.
26. *primum
quidem si
neq; turbida
neque caeno-
sa: deinde
si neq; in
gustu, neq;
in odoratu,
aliquam ab-
surdam qua-
litate[m] prae-
se fert: tum
& illud,
quod nunc
Hip: dixit,
si cito refri-
geratur &
calefit: nam
perspicuum
existit talem
esse bene al-
terabilem.*

and smell; & therefore Hipp. would haue us understand, that such water as is sooner hot & cold, by reason of leuitie, tenuitie and clearenesse, is most subiect to a suddaine and speedy change or alteration, which in meate & drinke wee call concoctible disposition, such as is easily trans.

transmuted or
concocted by the
réticule, indowed
with a propertie,
and dedicated by
nature to such a
use. But this des-
cription offereth
an objection, and
peradventure some
will urge or al-
ledge, that raine
water doth pos-
seffe the same con-
stitution of limpi-
ditie, tenuitie, and
levitie,

I Gal. l. 4.
 de sanit. tu-
 end. cap: 6.
Quamquam
poteſt, qui
volet, & ex
pluvia aqua
id conficere,
ipſeq; ſi
pluviam a-
quam pro-
tarem, id
ſuaderem,
verum nec
ipſam pro-
bo, & nihi-
lo eſt deteri-
us, ſi acceſſit.

levitie, and yet is
 cōdemned by Gal.
 as moſt unwhol-
 ſome, either in diet
 or medicine, as ap-
 peareth plainly in
 his diſcourſe of
Oximel, and the
 manner of ma-
 king the ſame me-
 dicament; affir-
 ming the uſe of
 raine water not
 to bee approved,
 and that of it ſelfe
 it is worſt of all o-
 thers,

thers, especially if
t grow sower &
corrupt. To which
answer, that nei-
her our Master,
nor any other lear-
ned Phisician doth
mislike or not ap-
prove such water,
because it is cleare,
thin, and light, or
easie of digestion,
but because of an
apt disposition,
that raine water
hath to putrifie
more

m Hip. de
aere loc.
aq. sect. 3.
hæ enim
dulces sunt
& albæ
modicumq;
vinum fer-
re queunt,
per hyemem
calidæ, per
æstatem fri-
gidæ.

more speedily than
any other water.
And in this respect
is much different
from the former
which is also de-
scribed by Hipp:
m to bee hot in
winter and cold
summer, which by
reason of his in-
colation, through
the profound and
deepe parts of the
earth by antiperi-
stacie is hotter in
winter

in winter, and in frostie weather doth commonly wreek: For it receiveth alteration; both from the bowels of the earth through which it runneth, and also from the earthie ayre with which it is mixed. Fourthly, amongst fountaines and springs, from rocks or chifts, these are said to be

bee most health
full and whole
some which flow
through earth and
sand : the reason
is, because they are
purified in their
course , and by
colation through
such a body of
sandie earth , they
leave behind them
their grosnes, and
alien qualities, by
which they doe
infect, & are made
by

by this colature
much more whol-
some. Fifthly, wa-
ters which are
moved are more
pure and whole-
some, then those
that want motion
from the ayre or
winds, as wels
or other enclosed
springs; because
open streames are
purified continu-
ally by the wind
and ayre, as is pro-
ved

n Arist.
Meteor. l. 3.
*Finis est fa-
cere aeris et
aquæ com-
motionem,
ne nimia
quiete pu-
trescant, &
ne putredine
sua animan-
tia enecent.*

ved by Arist. n in
his discourse of
winds, affirming
that the end of
their generation is
to cause commoti-
on in the ayre and
waters, lest by qui-
et they should pu-
trifie and destroy
the creatures that
live in them & of
them; Lastly, the
puritie of the ayre,
fish and vegetals,
demonstrate, the
boy whol-

wholsomnesse of
the water, and sa-
lubritie for com-
mon use externall
or internall. By
this time we have
taught what wa-
ters are principally
to be elected, as al-
so their nature and
difference, and
how to distin-
guish them; for
although all are
esteemed whole-
some that we have

ni C hi-

hitherto spoken
of, according to
some moderne o-
pinions (that is to
say) brewed: Yet
some are more
healthfull then o-
thers, and stand in
need of lesse cau-
tion. Now there-
fore I suppose it
behoovefull that
wee explicate the
nature & qualities
of morbifical wa-
ters, such as offend
in

in smell or taste,
or otherwise, and
are neither repu-
ted wholesome for
meat or medicine.

Aire and water
may affect human
bodies three seve-
all wayes; first as
they are elements,
they may hurt
both by their qua-
lities and substan-
ces, and that per se
immediatly, or
mediatly per acci-
dens

dens : Secondly, as
 aliment, for so by
 respiratiō the spi-
 ritual substance of
 the ayre is said to
 nourish; water al-
 so is said to nou-
 rish, infomuch
 that it seriyeth for
 the distribution of
 aliment into every
 part of the body
 and may also nou-
 rish in deed in re-
 spect of its sub-
 stance. For the use

o Avicen.
 li 1. fen. 2.
 doct. 2.
 Non autem
 dicimus qd.
 aqua non
 nutriat quia
 nutriens est
 illud quod
 est in poten-
 tia sanguis.

of water is not on-
ly necessary to nu-
trition, as meat and
drinke, but also to
life, and the con-
tinuance of the
same; and there-
fore by some * is
called *vita potus*,
salus corporis. Yet
Gal. P conceiveth
and seemeth to
perswade others,
that water doth
not nourish per
se, but instrumen-
C 3 tally,

* Ranchi-
nus Patho-
log. sect. 2.
cap. 10.

p Gal. li. 4.
de usu part.
cap. 5.
at enim in
hac quoque
vena multa
adhuc hu-
miditate re-
nui et aqua.
sa plenus est
sanguis:
vocat autem
ipsam Hip-
pocrates
ὄξυα ἵγος-
φῆς.

q Avicen.
li. 1. fen. 2.
doct. 2.
cap. 16.

*aqua unum
existit ele-
mentorum :
que sola in-
ter omnia e-
lementa ha-
bet propri-
um, ut in eo
quod come-
ditur & bi-
bitur ingre-
diatur, non
ideo, ut nu-
triat, sed
quia nutri-
mentum pe-
netrare fa-
cit, & ejus
rectificat
substanti-
am.*

tally so farre as it is
a *vehiculum* of the
blood, and by the
thinnesse & moist-
nesse of the same
doth convey the
blood into every
part, for the nour-
ishing & strength-
ning of the same
Avicen ⁹ also is of
the same opinion
water (saith he) is
the sole element
indowed with
Propertie recei-
ved

ved either in meēt
or drinke, to mixe
and incorporate
with it, and yet
not nourish, but
that it may rectifie
the substance of
nutrimēt & make
it penetrable, and
in this respect is
only said to nou-
rish. Thirdly, if
they bee confide-
red as medica-
ments; for by the
use of medicaid

waters, as also the mutation of the aire, many diseases are begotten, & some are said to be cur'd: & for this cause the doctrine of aire, and water is not onely referred to diet, but also to pathologie, and the curative part of medicine. In order therefore we will discourse of such waters as
tend

tend to the subver-
sion of health is
Nevertheless be-
fore I explicate
their qualities and
differences ; give
me leave to take
up a question by
the way, which
peradventure may
seeme a small di-
gression, yet not so
unnecessary, but
that it may bee
wel argued in this
place. The ques-
tion

C 5

r Arist. li. 1.
 probl. 13.
*cur mutati-
 onem aqua-
 rum gravem
 esse affirmet.*

tion is whether
 aire or water have
 most power in pre-
 serving of health,
 or generating sick-
 nesse : They that
 prefer water first
 ground upon A-
 rist. where the
 Philosopher que-
 stioneth, why the
 mutations of the
 water are more
 turbulent, then
 those of the ayre;
 & produceth rea-
 son

son to prove it ; for
(saith hee) those
things which are
able to make a
stronger and fir-
mer impression,
either by perma-
nencie or crassi-
tude, they seeme
to bee more able,
either to helpe or
hurt ; but water is
more thicke then
aire, and makes a
longer stay in the
body. Contrarily,
Hipo-

Hippocrates concei-
veth greater incon-
venience in the
ayre then in wa-
ter, and draweth
his reason from
the necessitie; for
(saith hee) the no-
cuments of water
may bee avoided;
but the ambient
ayre cannot bee
shunned, but doth
continually affect
us, as doth appeare
in his most elegant
gra-

li. de aere.
lo. et aquis
li. de natu-
ra humana.
li. de natura
verri.

gradation, saying;
such as is the ayre,
such are the spirits,
because they are
begotten of blood
and ayre; such as
are the spirits, such
are the humours;
as following the
nature of them;
such as are the hu-
mours, such are
the parts of the
body, because they
are nourished by
them; and main-
tained

tained : To con-
clude, such as is the
condition of the
part ; such is the
state of the whole
body. Hence ap-
peareth the neces-
sitie of ayre in our
conservation and
force in genera-
ting sicknesse. But
to let aside the de-
crees, both of *A-*
rist. and *Hipp.* the
question is deter-
mined thus ; that
the

the vitall and animal parts of the body are more & sooner affected by the ayre then by water, and that the naturall parts are more hurt by water then the vitals: This being conceived, let us take notice of such waters as doe destroy the temper of the body, and are called morbificall

call, & after what
manner they are
said to be pernicious
to the life of
man; some more,
some lesse, either
internally or ex-
ternally applied.
Morbificall wa-
ters are such as are
discovered by sense
to have a taste or
smell; for those
that are healthfull
and wholesome,
ought to have nei-
ther,

ther, as is before
said in the descrip-
tion of wholesome
water: Secondly,
unwholesome wa-
ters are such as
have an offensive
taste and stinking
smell, such as are
grips, ditches, and
channels from salt
marshes, or com-
mon shores, and
these are so un-
wholesome as I
need not urge au-
thority

t Avicen.

Tract. 5.

fol. 585.

*Aque mali
odoris cœno-
sæ tardam
descentio-
nem suam a
stomaco, &
penetratio-
nem cibi :*

*& fiti qui-
dem augetur
cum aquis
huiusmodi,
& virtus
debilitatur,
et quia ipse
non sunt pu-
ræ simplices, imo in huiusmodi aquis est terreci-
tas plurima quare ex eis generatur humor au-
phlegmaticus vitreus, aut melancho'icus, et prop-
ter illud multiplicat ægrotudines splenis in homi-
nibus, qui plurimum bibunt de ipsis, & acciden-
t faciunt hæmorrhoidas et hydropisim propter mali-
tiam complectionis hepatis inductam ab eis, &
mictum urina involuntarium propter malitiam
complectionis renum.*

thority to prove it
yet because I desire
to satisfy, take one
learned ancient, and
instar omnium. Av-
vicen^t saith, wa-
ters of this nature
that are ill savou-
ring, hinder the
penetration & de-
scent of meat, and

by

by reason of their
impuritie, beget
viscous phlegme,
or melancholy, &
multiply Diseases
of the spleene, in
such manner, that
those which drink
them often, either
by coaction or o-
therwise, are sub-
jected to the hæ-
morroids & drop-
sie by the imbeci-
litie and defect of
the liver, obtained
by

u Gal. lib.
de aere &
aq. cap. 3.
*quæcunq;
igitur pa-
lustres sunt,
& stabiles
ac lacustres,
eas necesse
est æstate
esse calidas,
ac crassas
& olentes,
cum enim
non deflu-
ant, sed a-
quâ pluvîa
semper nova
inferatur et
sol urat ne-
cesse est ip-
sas decolo-
res esse, &
pravas &
vitiosas.*

by the ill qualitie
of these waters, as
also in voluntary
mixtion by the ill
disposition of the
reines; other wa-
ters there are of
moores, standing
pooles, and lakes,
and these are said
to smell, especially
in the summer,
u which doth ne-
cessarily come to
passe for want of
perfluëce, for they
are

are not as springs
fitted of them-
selves as they are
emptied, but such
as are augmented
wth new showers
of raine, & exhaled
again by the pow-
er of the sun, inso-
much, that necessa-
rily they are grosse
discolored, unplea-
sant & corrupt; in
winter begetting
corrupt phlegme,
by their congealed
dif-

disposition, and in
summer time vici-
ous and cholerick
by adustion ; in
winter they are
cold & crude, and
soon converted or
transmutated into
ice, and mixt with
mud and snow,
are not much un-
like the dead sea,
or some Stygian
lake ; but howe-
ver they are very
unwholsom, trou-
blesome

pleasom to the ven-
tricle, and such as
both viciate and
corrupt the whole
body, poyson the
masse, and destroy
the best temper;
after what man-
ner Hippocrates *
sheweth : The
rinkers (saith he)
of such waters are
alwayes or con-
tinually affected
with large spleens,
hard, thin, and hot
bellies.

x Hip. li. de
aere loc. &
aq. sect. 3.
*bibentibus
autem lienes
semper mag-
nos esse &
compressos,
ventres ve-
ro duros &
tenuis ac
calidos hu-
meros vero
& iugula
& faciem
extenuari,
in lienem
enim carnes
coliquescunt
ideoq; graci-
les sunt.*

bellies, shoulders
throat, & face ex
tenuat, the flesh re
solved into spleen
and the whole bo
dy wasted & con
sumed, they are al
so ravenous, and
very thirsty, be
cause of the ficcity
and drinesse, both
of the upper and
lower venters
Adde also to these
dropfies, and forth
the most part, such

as are lethall, besides many difficulties of the bowels and fluxes of the belly, long quartane fevers, which by protraction of time terminate in drop-sies, both particular, and universal, of the whole body, by which they perish. And on these diseases w^{ch} are generated of
as D such,

y Hip. mul-
 lieribus ve-
 rò tumores
 proveniunt,
 & pituita
 alba, vix
 concipiunt,
 & cum dif-
 ficultate fœ-
 tus magnos
 & tumidos
 pariunt,
 quique postea
 dum educan-
 tur conta-
 bescunt, &
 deteriores
 evadunt, ne-
 que bona
 post partum
 mulieribus
 purgatio
 contingit.

such corrupt wa-
 ter happen in the
 summer: But those
 of the winter, such
 as fall upon young
 bodies, are inflam-
 mations of the
 lungs & madnes;
 to those that are
 more ancient bur-
 ning fevers, by
 reason of the hard-
 nesse of their bel-
 lies: y women
 shall labour with
 phlegmatick swell-
 ings,

lings, it shall bee
difficult for them
to conceive child,
and if they prove
pregnant, their
births shall be large
& great, brought
forth with diffi-
culty, and in
short time perish;
neither after child-
birth doe they
purge according
to the custome of
women: To chil-
dren that drinke
D 2 these

these waters chiefly
happē ruptures,
and to men warts
and ulcers of the
ankles, of such a
malignant condi-
tion, as that they
doe kill them in
short time, and in
the meane while
do wither them, &
make them seeme
old & aged before
their time: More-
over such women
seeme to them-
selves

selves to bee with
child, and when
the time of delive-
ry commeth, the
tumor vanisheth,
and they are alto-
gether deceived,
and their expecta-
tions frustrated:
To conclude, these
and such like are
the common and
ordinary effects of
such waters w^{ch}
are of moors, stan-
ding pooles; and
D 3 the

the like, through
which wee have
speedily waded, &
find them good
for nothing, but
the nourishing of
venemous crea-
tures, especially
raw; & therefore
to bee shunned ac-
cording to the ca-
veat of Galen. *

Now let us exa-
mine & pierce the

rocks

* Gal. de.
Sanit. tuend.
li. i. cap. ii.
covenae ve-
ro sunt, quæ
ex stagnis
hauriuntur
et quæ tur-

bide, & quæ male o'entes, & quæ falsa, deniq;
in quibus qualitas aliqua gustu deprehenditur.

rocks ^z & mines,
and taste what li-
quor springs from
them usefull and
safe, or morbifi-
call. These wa-
ters that spring
from rocks and
clifts, are generally
esteemed crude &
hard, that is such
as passe not easily
through the body,
but are turbulent
to the strongest na-
ture. * But those

D 4 hot

z Hipp. ac
hujusmodi
aqua ad
quidvis pa-
ratus esse
censeo; se-
cundo loco
eas quarum
fontes in
saxosis locis
sunt (quas
duras esse
necesse est)
aut si ubi
calide aquae
existunt aut
ferrum nos-
citur, aut
as, aut ar-
gentum, aut
aurum, aut
sulphur, aut
alumen, aut
bitumen, aut
nitrum haec
enim omnia
caloris vi
proveniunt.

* Hip sect. 3

hot waters which
spring from mine-
rals of gold, silver,
brasse, iron, sul-
phur, alume, bitu-
men, & the like; al
these spring from
the violēce of heat,
insomuch, as some
philosophers have
thought these to
be the shewers of
fire & brimstone,
that destroyed So-
dom, and were
thrown up by the
force

force of some
Earth-quake, out
of some Aetna. But
however they are
such as beget strāge
diseases in humane
bodies ^a and no
good waters can
spring from earth
of this nature, for
they are fervently
hot and dry, they
passe not easily by
urine, and are a-
verse from nature
in common ege-
D 5 stion.

a Hipp. ne-
que igitur
ex hujusmo-
di terra bo-
na aqua
nascuntur
sed dura &
æstiosa,
quæq; per
urinas non
facile ferun-
tur & alvi
egestioni ad-
versantur.

stion. But because we shall have occasion to explicate them more particularly in our following discourse, therefore we will forsake the shore, and launch into the Ocean, where we chiefly observe the qualitie of seawater, to bee salt, and not to bee drunke, but absolutely prohibited to

b to bee received
into the body; for
which cause I will
hasten out, lest
Neptune enraged,
should force mee
to drinke whether
I will or not, *at*
festina lente, let me
before I take my
leave, acquaint
you with the will
of my Master
Hippocrates,^c who
would have it
knowne, that for
want

b Hip sect. 3
falsæ vero
et indomitæ
et duræ, in
totum qui-
dem ut bi-
bantur in-
probandæ.
c Hip. sect. 3
at vero de
aquis falsis
propter im-
peritium jal-
luntur qui-
dam quodq;
alvum sol-
vere existi-
mentur, cum
maxime al-
vi d. festin-
ni repugnēt,
indomitæ e-
nim sunt et
coquine-
queunt, pro-
indeq; ab eis
venter poti-
us astringi-
gitur.

want of skill in the nature & qualities of salt water many are deceived; For they conceive them to relaxe the belly, whereas they most of all constringe the same; besides they are indomitable, quite out of the government of nature, and not by any naturall power to be concocted:
There-

Therefore Ile take
my leave of them,
& returne to shore
again, and muse
a little concerning
cælestiall water,
or such as falleth
from the clouds in
shewers, for these
are also compre-
hended in the pre-
dicament of mor-
bificall waters,
such as principal-
ly tend to the ge-
neration of disea-
ses,

d Gal li. de
aere lo. &
aq. cap. 4.
aqua igitur
pluviales
levissimæ
et dulcissi-
mæ & te-
nuissimæ,
& plendi-
dissimæ sūt,
primum e-
nim sol quod
tenuissimum
ac levissi-
mum est
in aqua edu-
cit ac sur-
sum rapit.

ses, as also such
as comes from
snow, and ice, or
the like. ^d Raine
water in respect of
substance, is light
and concoctible,
limpid and thin in
respect of quality,
sweet and grateful
to the taste, and
most proportiona-
ble to the best of
waters: But be-
cause it is an exha-
lation, although
the

the thinnest part
of all other waters
extracted by the
power of the sun,
as is evident; and
because of its uni-
versall collection
and commixture
with ayre and
clouds, which of-
ten times are in-
fected and ill aspe-
cted; it is more
easily disposed to
putrefaction, and
not thought fit to
be

e Gal. cod.
cap. pro-
pter ex
omnibus a-
quis he ci-
tissime pu-
trescunt, et
odorem ma-
lum pluvia-
lis aqua ha-
bet, eo quod
ex plurimis
congregata
est ac per-
mixta ut ci-
tissime pu-
trescat.

f Gal. ve-
rum opus
habent ut
decoquantur,
ac excolen-
tur, sin mi-
nus odorem
pravum ha-
bent, et rau-
cedines &
vocis gra-
vitatem bi-
bentibus in-
de accipere
par est.
g Hip. sect.
3. prava
verò omnes
quæ ex nive
& glacie fi-
unt, ubi e-
nim semel
concreverint
non amplius
ad pristi-
nam natu-
ram redeunt

bee used without
correction, (that
is to say) taken
fresh boyled, and
strained according
to the decree of
the ancients, else
it soone corrupts
and breeds rauci-
tie or whorsnesse
in those that drink
it. § Snow & ice
waters are all cor-
rupt, for when
they are once con-
gealed, they never
re-

returne to their former nature againe , but the clearenesse, levity, and sweetnesse , that is in them doth vanish, leaving behind a terrestriall and ponderous substance, as is proved by this experiment. Take a vessell of water , and keepe it till it be frozen, then set it in some hot

h Hip.lo.
cit.

*arque de a-
quis quidem
quæ ex im-
bribus niv-
ibus & gla-
cie colligun-
tur ad hunc
se res habet
modum at
verò calculo
maxime
tentantur,
& renum
morbo, ac
urinae stilli-
cidia et cæx-
endicum af-
fectionibus
corripiuntur
herniæq; ijs
suboriuntur
cujusq; mo-
di aquas bi-
bunt.*

hot place till it bee
dissolved , then
measure it againe,
and you shall find
it much lesse in
quantitie then be-
fore , and will
plainely appeare,
that the lightest &
thinnest parts are
expired ; and for
this cause it is said
to bee morbificall,
and most apt to
generate the stone
in the bladder ,
stran-

strangurie, paine
of the hips, and
ruptures, & these
are the effects in
general: The same
also happen to the
drinkers of river
waters, which by
reason of their mix-
ture, with pooles,
ditches, & moores
they obtaine an a-
lien qualitie, ob-
noxious and mor-
bificall; and the
only cause of such
diffe-

difference is their
various participa-
tion, and their mu-
tations are answer-
able to their sever-
al mixtures, some
qualities more pre-
dominant, accor-
ding to their im-
pressive force, and
therefore some are
called salt, sulphu-
rous, aluminous,
bituminous, and
the like; others
sweet and clear,
others

others muddy and
 terrestriall, as ap-
 peareth by their
 setlings, but all are
 causes of affliction
 to those that drink
 them; yet some
 bodies shall bee
 more able to re-
 sist then others, as
 those that have na-
 turally laxe and
 fluid bellies, and
 sound bodies, tem-
 perate kidneys and
 bladders, for such
 doe

i Gal.li. de
 aere loc. &
 aq. cap. 5.
 quod autem
 non omnibus
 consequen-
 tur declara-
 bo, quorum
 quidem al-
 vus satis
 fluida est, ac
 sana, &
 vesica non
 ardens, neq;
 stomachus
 vesica val-
 de coardef-
 cit, hi facile
 urinam
 eijciunt &
 in vesica ni-
 hil ipss con-
 gregatur.

doe more easily
& speedily pumpe
it out againe, lea-
ving little resi-
dence in the blad-
der: Contrarily
where the belly
is costive, hot, and
fiery, the bladder
must needs bee af-
fected after the
same manner, and
when it exceedeth
a naturall temper-
then the necke of
the bladder is soon
infla-

inflamed, by w^{ch}.
 meanes the pas-
 sage of the urine
 is hindered, or that
 which passeth, is
 the purest & thin-
 nest part of the
 same, the thicker
 being left behind,
 of which there is
 a graduall collecti-
 on of new mat-
 ter, which is dai-
 ly contracted till it
 groweth large,
 hard, and stony,
 and

and by the course
and pressure of the
urine in pissing,
the stone is forced
into the necke of
the bladder, which
hindereth the pas-
sage of urine, and
procureth extre-
mitie and paine;
insomuch, as chil-
dren when they
labour with this
disease, doe rub
and scratch, and
teare the secret
parts,

parts, as if there were the onely stopping of their urine; and it is a manifest signe of such a disposition, when as ordinarily the urine comes forth so limpid & cleare, and manifesteth a stay of the grosse matter behind, the purer part being strayed from it, as it is reported by Bo-

E hemian

hemian beare

— Nil spissius illa
Dum bibitur, nil clarius
est dum mingitur, unde
Constat quod multas faces
in corpore linquit.

And thus the stone
is often begotten
by the drinking of
water, especially
when the bladder
is ill disposed; but
in ^k children it is
often begot by the
use of milke, if it
bee not good and
sound, but hot and
cho

k Hip. sect.
3. gignitur
autem &
pueris ex
lacte, si non
salubre fue-
rit sed val-
de calidum
et vitiosum.

cholericke : For
 by this meanes it
 heateth the belly
 and bladder, ex-
 asperates the u-
 rine ; and in my
 opinion (saith
 Hippocrates) small
 dilute Wine is
 more wholesome
 for them, because
 it doth not scortch
 and dry the veines
 so much. Thus I
 have shewed, ac-
 cording to the me-
 E 2 thode

Hipp. in
 eodem lib.
 et mea qui-
 dem senten-
 tia prestat
 pueris vi-
 num quam-
 maxime di-
 lutum exhi-
 bere cum
 nimirum
 venas mi-
 nus adurat
 & refect.

those of the ancient fathers of medicine, what waters are wholesome and dieteticall; as also those that are unwholesome and morbificall: now wee are to consider how they are pharmaceuticall, and to bee used as medicaments.

To the end that we may more fully satisfie, it will not

not bee vaine in
our progresse, to
cast our eye backe
upon the streames
that flow from
minerals, & more
particularly disco-
ver the mischiefs
of them; because
they are so highly
advanced in the
thoughts of some
Physicians, and o-
thers; upon what
ground I know
not, but sure I am

E 3 that

that they were never so esteemed by any of the ancients in our faculties, either Greeks, or Arabians, or learned moderns, some respect they give them, and chiefly in external use, by the way of baths, lotions, and the like, and yet not ordinarily so to be used, but with a great

great deale of cau-
tion; as will ap-
peare hereafter;
both in respect of
tempers and dis-
tempers of the bo-
dies to which they
are applyed: In
so much as Hip-
pocrates. or Galen
tooke little notice
of them, which
doth imply the lit-
tle regard they had
of them or their
use in medicine,

either for preservation or restauration ; for which cause we will travell amongst the Arabians , to the end that wee may search out the nature , and use of them more directly , and principally take our view from that learned *Avicen* of such minerrall springs , as are before nomina-

minated : And be-
cause Chymists con-
stitute sulphur as
one of the *tria*
principia in mine-
rals, therefore wee
will in the first
place discover the
nocuments of such
waters. As for
their differences,
they are as many
as the minerals
from whence they
spring, and with
which they are

mixed ; but in
generall all of
them are accoun-
ted hurtfull and
dangerous, exter-
nally or internal-
ly applyed, with-
out special indica-
tion and prepa-
ration, without
which they are
very obnoxious ;
after what man-
ner I am now to
shew.

The documents
of

of mineriall wa-
ters, by potation
or drinking, and
especiallly spring-
ing from sulphur,
are these, they
scorch and puri-
fie the humors, be-
get cholericke fer-
vors, which alter
& are changed in-
to melancholicke,
by reason of adu-
stion of the blood,
& this melanco-
licke humor thus
gene-

IN AVICENNA
tract 5. Ista
quidem a-
quæ adurunt
humores &
eos putrefa-
ciunt, quare
sequuntur
in principio
febres cho-
lerica postea
in fine fe-
bris melan-
cholica,
propter a-
dustionem
sanguinis ex
eis factum &
et melanco-
licus quidem
humor qui
ex huius
modi aqua
generatur,
est humor
melancholi-
cus melius
qui vocatur
tur cholera
nigra, &c.

generated is called
adust choler, and
is the worst of
all melancholy :
Moreover the ef-
fects that come of
drinking such wa-
ters, are inflam-
mations of the
eyes, jaundies, hot
rhumes, difficultie
in pissing, & con-
sumption of the
whole body.

ⁿ Aluminous
waters are astring-
gent

in A vicen.
nucummen-
tam istarum
a quarum est
si possit are et
constringere
naturam, &
oculorum
pectus &
vires &
causare
difficulta-
tam urinae
& strin-
gere vias
ubi et cau-
sare corpo-
ris maciem.

gent generally,
and they exasperate
the breast,
cause a difficultie
of urine, and wa-
sting of the body.

° Vitriall wa-
ters are compoun-
ded of alume and
sulphur, and there-
fore the effects
are answerable to
both in respect of
stiptication & ex-
asperation; as also
in adustions and
putre-

o noemen-
tum istarum
est compo-
situm ex no-
cumento a-
qua alumi-
nosa et no-
cumento
aquæ sul-
phureæ, &c

p nocumen-
tum istius
aquæ est si-
mile nocu-
mento sul-
phureæ.

putrefaction of hu-
mors. *p* Al springs from
silver should seem
cordial according
to the vaine appre-
hension of the vul-
gar: Neverthelesse
by the same autho-
rity they make
up the number of
morbifical causes,
and the speciall
nocuments are to
ulcerate the bow-
els, and the gene-
rall

rall are answera-
 ble to those of
 sulphur : So also
 are those waters
 which ^q spring
 from green brasse,
 saving that the no-
 cuments are grea-
 ter then of sul-
 phur, violently o-
 pening the orifice
 of the veines, by
 which doth hap-
 pen pissing and
 spitting of blood,
 and bloody fluxes,
 all

q. nocumen-
 tum istius
 aque est si-
 mile etiam
 nocumento
 aqua sul-
 phuree ve-
 rum est ma-
 joris nocu-
 menti quam
 illud, &c.

all being exceeding dangerous, and these are the qualities of them, & effects inwardly taken, either as meate or medicine. Now let us consider their nocuments externally applied, as by way of bathing and the like.

By Bathing in salt waters is somewhat allowed by

Avi-

A vicer, where he affirmeth it to bee good to cure the itch and scabs; and *Hippocrates*, although in generall hee protesteth against them, and doth absolutely prohibit their use internally, yet (saith hee) the nature of some disease may require such a remedy, by which is to bee under-

r Hip. sect.
3. sunt ta-
men natura
quædam et
morbi, qui-
bus tales a-
que potu
sunt cons-
mode.

s Avicen.
tract. 4.
aqua salsa
in balneo
confert sca-
biei et pru-
ritui, verum
carefacit
cutem po-
stea conden-
sat, et quum
non fuerit
pruritus,
tunc ipsa
facit acci-
dere pruri-
tum.

understood some
extraordinary oc-
casion, and after a
most speciall man-
ner to bee used :
And so also may
other compositi-
ons of minerals
be used ; yet *Avi-
cen* conceiveth it
to bee somewhat
doubtfull , and
(however) the re-
medie to be worse
then the disease ;
for (saith he) ^s al-
though

though it bee profitable for the curing of itch and scabs, so it is apt to generate the same in those that are cleare and sound, by reason of condensation and rarification of the skin ; besides it withereth the body, hurts the eyes, disturbes the senses, and causeth catharrs & rhumes ;
so

so as (if it be well considered) the remedy is more obnoxious then the disease.

¹ Bathing in aluminous waters, condenseth & constringeth the skin, causeth ephemeral fevers, cramps and convulsions, especially in cleane bodies.

² Baths of sulphurous and bitumi-

et aqua aluminosa condensat cutem et constringit ipsam.

in aqua sulphurea & neptica corrumpit complexionem cutis corporis et preparat ipsam ad putredinem et facit accidere catarrhos,

tuminous waters,
spoil the comple-
ction of the body,
and dispose it to
putrification and
rhumes ; and if
they continue in
such a bath long it
doth threaten a
dropsie, but a jan-
dice doth more
frequently follow.
The minerall wa-
ters of iron are
thought to be least
hurtfull of all o-
ther

ther minerals, and yet of little use amongst the ancients for medicament or otherwise. Thus I have waded, through fountaines, pools, mores, moores, rivers, and as farre into the sea as I dare, or as is needfull, and have shewed both generally and particularly their difference

rence, use, and effects; by which description every man may know how to distinguish for use, those that are wholesome, from those which are unwholesome, and morbificall; as also how and after what manner they hurt, being taken into the body alimentally or medicamen-

camentally, without speciall correction; as also by their outward application; and all this confirmed by the doctrine & decrees of the most learned and ancient doctors, and parents of medicine. Now it remaineth that I acquaint the world with a new minerrall spring, unheard

heard of before,
and lately practi-
sed amongst us in
our owne County
of Norfolke; and
although it be yet
unknown to sound
and learned Phy-
sicians, yet it is
very adventurou-
sly, and most dan-
gerously practised
against both rea-
son and all autho-
rity. For in my o-
pinion it will ap-

F peare

peare to bee a flat
confutation of all,
both ancient and
moderne, as it is
used and advised,
the manner wher
of I intend to set
downe, and com-
pare it with the
former grounds ;
as also with those
which are more
recent , by which
it will appeare ,
either that mine-
rall waters differ
this

this yeare from
those of old, or
else that our pra-
ctise is either more
learned or more
rash.

The spring it selfe
riseth out of a clift
naked, and unfer-
red against the sea,
and is imbraced
and often covered
by the raging oce-
an, by which it
obtaineth some
mixture, both of

substance and quality from the same, which is not the least of our observations, since it doth cōduce much to the ill or well disposing of the matter for use: the drinkers of the same have beene many, and they report some of them that it tasteth harsh and like rust of iron, others taste

taste it like inke,
and all thinke it a
miracle, that by
the infusion of a
nutgaule it doth
turnered, & alter
the colour: To be
short, the man-
ner of practise is
thus advised, and
appointed by a
Physician who is
thought to be lear-
ned, and hee had
need to bee so, to
make good the ad-

w Hip lib.
 de prisca
 medicina.
 quandoqui-
 dem nature
 cognitio
 mini medi-
 co esse ne-
 cessaria vi-
 detur, isque
 omni studio
 debet con-
 tendere (si
 modo quod
 recte pre-
 stare volet)
 ut intelligat
 quonam mo-
 do quis ad
 ea quæ co-
 meduntur
 et bibuntur
 se habent,
 &c.

venturous, and
 confident advising
 such a remedie up-
 on so small ac-
 quaintance & tri-
 all, which if Hip-
 pocrates may bee
 judge w will ap-
 peare to bee a
 fault. b Moreover
 this spaw (as it is
 named by the chief
 Physician thereof)
 is resolutely deter-
 mined to be from
 a minerall, but of
 what

what mixture is
yet disputable, and
therefore the pra-
ctise ought to bee
the more doubt-
full, especially be-
ing to be received
into the body :
For which cause
our learned coun-
treymen of the
bath in his dis-
course of minerall
waters, although
his affection to
such springs, per-
F 4 swades

Doctor
Iorden.

swades him of
much good use,
that may be made
of them, and great
benefit to man in
curing diseases if
they were inward-
ly taken, yet be-
cause of his feare
of some mixture
with other wa-
ters which may
issue into them,
for this cause only
hee protests hee
dares not advise
the

the inward use of
them; yet this our
spaw lies more o-
pen to such mix-
ture then the bath,
and a worse mix-
ture from the sea,
yet wee will not
feare to drinke,
and advise it to be
drunke by pottles
at one time, and in
the morning cold
and fasting, as also
in the open ayre,
crude and raw

F 5 from

from the spring,
contrary to the
practise of all that
ever were ratio-
nall; and this
course every mor-
ning to continue
for the space of
thirtie or fourtie
dayes, and it is said
to cure all distem-
pers, without any
other considerati-
on: So that if we
examin this spring
and the practise of
it,

it, wee cannot but
see a direct oppo-
sition to, and con-
futation of all the
ancients. But so it
fares with too
much confidence,
as the Tragedian
speakes,

Καὶ φημι καὶ ἀποφημι, καὶ
ἔχω τὴν φῶν.

*Aio, nego, neq; ratio
mibi constat nulla, cur
aiam aut negem.*

And that this
may appeare, it is
needfull that wee
com-

compare this practise and opinion with the practise of those times, especially in this thing ; which indeed if it were but what it is by some thought to bee , it were then the complement of all medicine , which the learnedst Physicians never yet comprehended. For although

though the vulgar
 claime power to
 make every wea-
 ver and apotheca-
 rie a phyfician,
 without either stu-
 die or learning, or
 authority from a-
 ny univerfitie; and
 thinke it a light
 matter to bee a
 x phyfician; yet
 thofe that are fo in-
 deed, never found
 it fo eafie a matter,
Quolibet ex ligno
non

x facile qui-
 dem est esse
 medicum
 sed bonum
 medicum
 esse difficil-
 limum, ne
 dicam im-
 possibile.

non fit Mercurius.

True it is, there are some which can act the carriage of physicians, as Players doe the persons of Kings and Lords, and yet are none, according to ^y *Hippocrates.* But to make good our undertakings, and to shew the difference of our spaw-practise from that
of

y Hipp. li. de
leg.

quemadmo-
dum enim

illi quidem

formam ha-

bitum &

personam

bystrones

rejerant.

of old, or any o-
ther that is called
learned: Avicen^z
affirmeth the drin-
king of waters
in generall to de-
bilitate naturall
heate, enervate the

z Avicen.
tract. 5.
cap. 1.
potus pluri-
me aqua
nocet tribus
modis, quo-
rum unus
est, quod de-
bilitat ca'i-
ditatem na-
turalem in
membris, et
debilitat
membra

principalia, quare accidit eis tunc debilitas vir-
tutum quatuor naturalium, membris autem in-
strumentalibus accidit debilitas motuum et
tremor. secundus modus est quod virtus seque-
strativa in hepate debilitatur in sequestrando
omnem aquositate a sanguine, quare aut effu-
ditur aquositas ad partes inter mirach et si-
fach accidit hydropisis aquosa: aut penetrat a-
quositas cum sanguine ad membra & accidit
hydropisis carnosae et virtus sequestrativa in re-
nibus debilitatur, quia ex eadem etiam urinae ir-
voluntarius cum difficultate in eas, et debilitan-
tur renes.

instru-

instruments of motion, deject the appetite, and weaken the liver: but this our spaw is said to incite appetite, temper naturall heate, inviven the members, and rectifie the liver.

Hipp. Gal-
len. Avicen-
li. citat.

Hippocrates, Galen, Avicen, say all with one consent, that the drinking of waters cold and raw, unboy-
led,

led, unstrayned, or
uncorrected, al-
though otherwise
they be not of mi-
nerals, yet that such
drinking doth en-
large the spleene,
and swell and har-
den the substance
of the same: but
contrary to this,
we say, our spaw-
water drunke in
large quantities,
cold & raw from
the spring, doth
dimi-

diminish, soften,
and cure the swell-
ings of the spleen;
and by its mineral
qualitie (if it were
well knowne) is
able to performe
greater cures then
these, to which I
shall answer more
fully in our fol-
lowing discourse,
when I discover
the opinions of
some moderne cō-
cerning the drin-
king

king of minerall
waters cold and
raw. Moreover
the said authors
affirme the drin-
king of water to
generate waterie
dropfies, the stone
and strangurie,
with other disea-
ses in such as have
imperfect and di-
stempered reines:
but this our Spaw
is prescribed as a
speciall remedie
against

a Avicen.
loc. citat.
Hipp. ar
vero calculo maxime
tentantur
et reum
morbi ac
urinae illi-
cidio.

b Avicen
 tract. 5.
aqua bibita
in ieiunio
debilitat
stomachum
& facit ac-
cidere ca-
tarrhas in
frigidando
cerebrum
propter con-
sensum sto-
machi cum
cerebro, &
propter as-
censum va-
porum a-
quosorum,
nocet enim
in frigidan-
do hepar et
splenem &
preparat ad
hydropisim,
&c.

against the same
 difficultie of urine,
 the stone & drop-
 sic. b Matutine or
 morning drinking
 of water (saith A-
 vicen) doth debili-
 tate the stomacke,
 breedeth rhumes,
 and refrigerateth
 the braine over-
 much by consent
 with the ventricle,
 as also by the as-
 cent of waterie
 vapors, and refri-
 gera-

gerating the liver
and spleene, dispo-
seth to the fore-
said dropfies: but
our Spaw-water
drunke early in
the morning, and
cold, comforts the
heart, strengthens
the stomacke, and
so by consent the
head, liver, and
spleene. They al-
low the drinking
of no waters, ei-
ther fresh, salt, alu-
minous

c Gal. de
sanit. tuen.
lib. 6. cap. 9.

*Si tamen
ipsis uten-
dum quæ
utiq; dulces
sunt : quod
utile etiam
aliquid ex
ipsis preve-
niat, id vero
non perinde
tuto dixeris.*

d Avicen.
*rectificatio
istarum a-
quarum si
possibile est.*

minous, bitumi-
nous or sulphure-
ous to bee whole-
some; and al-
though I incline
somewhat to an
exact correction,
yet Avicen, maketh
question whether
mineral waters
will admit of any
or not^d : but they
were ignorant of
the vertue of our
Spaw, for this is
to be drunk with

out

out any preparation, as if abundans cautela were hereticall in this our nimble age. Notwithstanding they were not ignorant of them, as will appeare by Galen, ^e when as hee renders a reason of his dislike, which is the uncertainty of their mixture, and such (saith hee) as cannot

e Gal. loc. citato.

satiſ autem ſit ejuſmodi aquas experientia diſcernere: quando etiam rare inventu ſunt.

f Hipp.aph.
I. experi-
entia peri-
culosa.

not be discovered
or found out o-
therwise then by
experience , and
experience is dan-
gerous ^f (faith
Hippocrates) the
reason is taken
from the dignitie
of the subject ,
which is the body
of man , upon
which such expe-
riments are tried :
And for this cause
Galen was feareful
of

of their use , al-
though wee may
grant something
to be profitable in
them , as there is
in every creature,
in respect of their
qualities , so they
be rightly prepa-
red and applyed ;
yet (saith he) & let
no man say they
are safe, or the pra-
ctise of them ; not
that the ancients
were so ignorant

G of

g Gal.loc.
citato.

*Id vero non
perinde tu-
to dixeris.*

h Gal. loc.
citato.

*Calidarum
autem quæ
sponte rãf-
cuntur noxi-
us his ufus
eft: fiqui-
dem quæ
fulphurofa
bituminofa-
ve funt: &
propterea
quæ rãja-
ciunt int-
miciffimæ
calido na-
turaliter
capiti funt.*

of their qualities,
h (as some mo-
dern Chymifts pre-
tend) neither doe
I conceive any
great difficultie to
prove their *nova
medicina* to be but
as a new cape fet
upon an old cloak,
as alfo that mine-
rals were as sub-
ftantially discove-
red and distin-
guifhed one from
an other, in ref-
pect

pect of name, nature and mixture, as also first and second qualities, as they have beene by any *Chymist*; Although I am not ignorant of *Paracelsus*, *Arnoldus*, *Lullius*, *Crollius*, *Agric.* & *Libavius*, which by way of explication, and laborious operation, have made it somewhat more

G 2 cleare

cleare in speculation and practise. And yet all is but a dilatation or enlargement of an old foundation of the ancients, and no absolute new edifice of their owne, as some of them pretend. But however, because this practise of drinking minerrall waters in our country (I suppose) is chiefly

chiefely incoura-
ged by, and groun-
ded upon our own
learned countrey-
man of the Bath,
who is not un-
knowne to any
Physician; there-
fore it will not be
amisse to tran-
scribe his opinion
concerning the use
of minerall wa-
ters, and whether
the drinking of
them may bee al-
G; lowd

Doctor
Iorden.

lowed after the manner of our minerall Spaw ; that is , to be taken into the body cold and raw. For although hee were much devoted to the use of them , yet he adviseth the externall use only in bathing, when as he saith we find many of these to be venemous and deadly, as proceeding

ding from Arse-
nicke Sandaracha,
Cadinia, and the
like; therefore we
had need bee very
warie in the in-
ward use of them,
& therefore *Nep-
tunes* well in *Tara-
cina* was found to
be so deadly, as
that for this cause
it was stopped up;
by *Montpellier* at
Perant is a well
which kils all the
G 4 fowles

fowles that drinke
of it, the lake *A-*
vernus kils all the
fowles that fly o-
ver it, so doe the
vapours arising
from *Carons* den,
betweene *Naples*
and *Puteolum*, so
there are divers
waters in *Savoy*
and *Rhetia* which
breed swellings in
the throat, others
proceeding from
Gypsum doe stran-
gle.

gle. But where we
find watersto proceed from whole-
some minerals,
and such as are
convenient & pro-
per for our in-
tents, and upon
good searck, and
long experience
found to bee so,
there we may bee
bold to use them
both inwardly &
outwardly: yet so
as (saith hee) wee
G 5 doe

doe not imagine them to bee such absolute remedies, as that they are of themselves able to cure diseases, without either rule for the use of them, or without other helpe adjoyning to them : Moreover, the said Doctor doth confesse, that although the mixture of the Bath in Somersetshire, in

in his owne opinion bee the most absolute and wholsome of all others, & he conceiveth as wholsome as any to bee taken into the body, yet (saith hee) the jealousie I have of their alien mixture with other vvaters adjoyning, doth deterre mee from the counselling their invvard use,

use, and the practise of them any other wayes, then by bathing. But if any adventure to drinke of such minerall streames, he desireth them to be drunke hot by any meanes, both for the better penetration, and lesse offence to the stomacke, then when they are taken crude & cold, produ-

ducing for prooffe
the ancient cu-
stome of the Gre-
cians & Romans,
which drank most
of their wine and
water hot, and not
cold & raw from
the spring, accor-
ding to the pra-
ctise of our Spaw
in Norfolke: Thus
it appeares that
neither ancient nor
modern do much
affect the practise
of

of drinking any water, except upon such strict and warie termes and circumstances, as rarely or never will concurre. But however the drinking of the water cold is absolutely prohibited, as contrary to reason and antiquity: so that it must appeare, that the ground of this our practise, and

and the use of
this our minerrall
spring is precipiti-
ous & dangerous,
as hath bin plaine-
ly proved, both
out of the ancients
& also many lear-
ned modernes; yet
such is the vanity
of our age, as that
i prohibition is
the greatest spurre
to præcipation,
and doth hurrie
us into mischiefes
for-

i *Audax*
omnia per-
peti Gens
humana
ruit per ve-
titum nefas.
Horat.
Nitimur in
vetitum
semper cu-
pimusque
negata.

forbidden, as also
 cause us *Narcissus*-
 like to dote upon
 our own supposed
 perfection, trans-
 cending (if wee
 may be our owne
 judges) our reve-
 rend and learned
 fathers, as if wee
 were not *ιατρῶν παῖ-
 δες* but *πατέρες*, nay
πατέρων ἀμείνονες as hee
 vaunts himselfe in
 the Poet ; ^k up-
 on which confi-
 dence

Ἡμεῖς μὲν
 πατέρων
 μέγ' ἀμεί-
 νονες εὐχο-
 μεσθ' ἐναι.

Homer.

Ty dides me-
 lior patre.

Horat.

dence in our own
strength wee are
ready to blemish
them with do-
tage, thinking,
those learned fa-
thers of medicine
too old, and not
wise enough to
teach us; when
wise men know
we are too young
to sound their
depthes without
their owne lines;
For when wee
have

have done all our best, even then we are compelled to acknowledge the truth of that everlasting sentence of *Hippocrates*, ὁ βίος βραχύς ἢ ὁ τέχνη μακρὴ, that our lives are too short to measure the extent of art; and for this cause I thinke my selfe bound to admire that & those which I cannot com-

comprehend, according to his judgement in *Plutarch*, upon a book of *Heraclitus*. And although I had rather be wise alone then erre with any, yet in some respects I proclaime with *Epiphanius* *Ferdinandus*, *Mallem errare cum Galeno & Hippocrate quam cum omnibus alijs sapere*, not that

Α' π' σωτη-
ρια ψαλα,
διουα ὅτι α
μη σωτηρια.

that I adore any mortall more then by a venerable esteeme which is their due ; and it were sacriledge to rob them of it. But to returne to our subject, minerrall streames have some toleration in externall use, especially for bathes ; and not so neither without speciall indication and re-tifi-

tification ; but for
the wanton course
of drinking them
after such an irra-
tionall manner, it
was never counte-
nanced by any an-
cient , or learned
moderne ; For my
owne part I could
wish there were
some such *Nectar*
streames , that be-
ing used after the
manner of our
Spaw, might not
only

*Æsonidem
mutasse ve-
lim, &c.
Ovid. Me-
tam.*

onely cure all di-
seales, but also
wash off that curse
of mortalitie,
changing age into
youth (as *Medea*
is fabled to have
done) infirmities
into perfection,
and weakenes in-
to strength; and
on this condition,
who would not
shake hands with
Galen and all the
rest, and breake up
schooles

Schooles of phy-
 ficke ? for why
 should students
 smother themselvs
 in their studies,
 when they might
 sit upon a clift and
 thence view^m the
 wonders of the
 deepe, and drinke
 immortall health
 at so cheape a rate?
 And as I heartily
 desire to taste of
 such, so I abhorre
 the use of those
 that

m Psal. 107

24.

*Neptunum
 procu' e ter-
 ra spectare
 furentem.
 Horat.*

that have contrary effects ; as to corrupt them that are sound , to weaken those that are strong , to hasten age in those that are young , and in cōclusion to strangle and swallow up all in death ; And such have bin the effects of minerall wels and fountaines , as is exprest in our former

mer discourse, especially used without such caution and circumstance, as is laid downe by learned and discrete practisers. And they are such also as can hardly or never bee reconciled in one object. Therefore both out of my speciall affection to my friends, and charitie to my opposites

H posites

*n Patria u-
na omnes
omnium
charitates
complecti-
tur. Cicero*

posites (if there be
any such) but ⁿ a-
bove all in love to
my Countrey, I
have endeavoured
to acquaint those
that are not know-
ing in these things
(although other-
wise learned) with
the danger of un-
knowne things,
both in respect of
their mixture and
manner of using
so rashly: For rash-
nesse

nesse hath bin con-
demned of old ,
and caution never
knowne to hurt ,
° may to bee the
very sinnewes of
wisedomē. How-
ever , when I see
Galen & others so
strict in smaller
matters prohibi-
ting the use of rain
water (which is
little differēt from
the best of waters)
I cannot but bee

ο Μένειος
ἀπιστεῖν ἀρ-
θρα τῶν τε
τῶν φρενῶν
Epicharmus

zealous in matters
of such great con-
sequence, as the in-
ward use of mine-
rall waters with-
out any extraction
or correctiō, or so
much as colation,
which is the easiest
of all other prepa-
rations; Moreover
if any shal say there
is such perfect in-
colation through
the earth, as also
such sufficiēt sepa-
ration

ration of heterogeneous qualities, that they stand in need of no better, it will soon be answered, that they are altogether ignorant, both of their generation, qualities, & use; neither did they ever take notice of the sweats & labours, which many learned Chymists have taken about the preparation

tion of those minerals, from whence the waters of this kind receive their tincture. But however, were they in themselves sweet, light, thin, without either sapor or odor, and pleasant as wine, yet the large drinking of them cold, is most contrary to reason and all sound authority, as is plainly

ly

ly proved. But that
I may now avoid
prolixity, I wil ha-
sten to shoare, and
to conclude, am
bound to advise a
serious meditati-
on of this subject,
as a most necessary
consideration, be-
ing a maine cause
of health or sick-
nesse of divers
kinds. Therefore I
have plainly shew-
ed the nature and
19 H 4 diffe-

difference of waters by reason of their severall mixture with wholesome & unwholesome earth, & such as have beene alwayes esteemed & used both in diet & medicine for sound and wholesome, all being confirmed by the practise & judgement of the most learned & ancient
Phy-

Physicians ; notwithstanding I have
left a libertie to e-
very understanding
agent, to make use
of all as they may
bee strictly & pro-
perly indicated, o-
therwise upon a
meere logicall no-
tion, or some nice
distinctiō the pra-
ctise thereof (for-
sooth) is to bee
prohibited. Not
that I undervalew
the

the true use of logicke, as a handmaid to all arts & sciences, but the excesse which is the essence of error. Besides physicians are sensible artificers, and not onely referre all to sense, but also are chiefly taught by sensible precepts, and therefore *Ranchinus* by the authority of *Galen* con-

condemnes distinctions, definitions and divisions that are too logicall as causes of confusion, rather then solid instruction, For which cause I have laboured to be the *Eccho* of those worthies, rather then the parent of my owne invention and judgement.

FINIS.